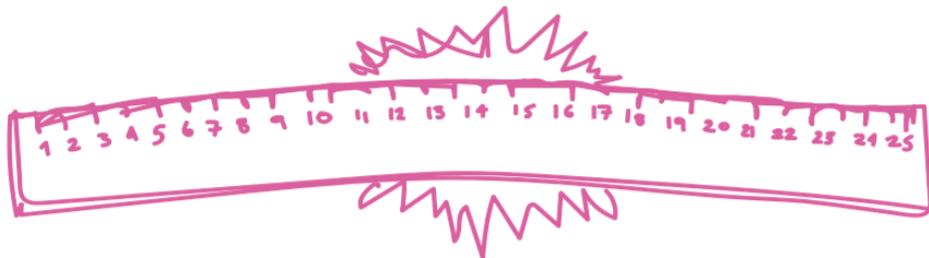




# Wellbeing guide to home learning



Lancashire

# Useful websites and resources

## General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

## NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

## Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084566>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

## How will this booklet help?

At Lancashire Mind, we recognise many young people and parents are continuing to juggle home learning throughout the ongoing pandemic.

This guide includes tips and strategies to guide you and your young person on how to keep motivated, build resilience and keep positive through learning at home.

**Every child has a different learning style and pace. Each child is unique, not only capable of learning but also capable of succeeding. .**

**~Robert John Meehan~**

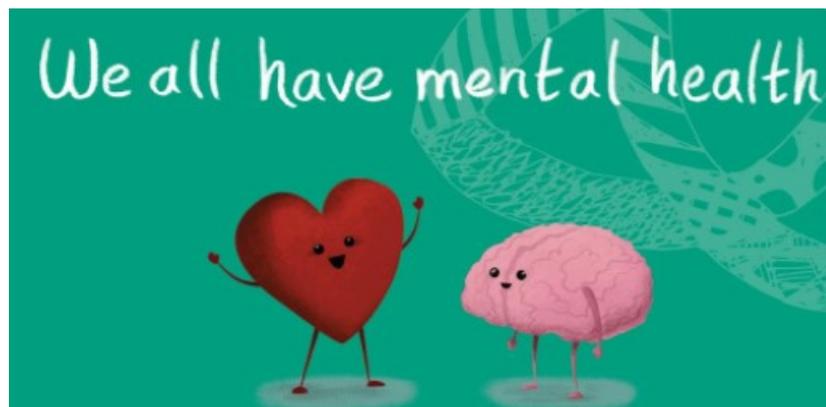


# Mental Health and Resilience

Before we start this booklet take 5 minutes to have a look at these questions and think about your answer. After that have a conversation with your child to think about the definitions together.

We all have mental health and it is very important that children understand this. Ask your child what they understand about mental health; do they know what wellbeing is and how to look after their own? Use this discussion to enjoy some time together, make it light hearted and fun.

- What is mental health?
- What is wellbeing?
- How do you already look after your wellbeing?
  - What makes you feel good or happy?
- What do you do when you're feeling sad, upset, worried or frustrated?
- What is resilience? Have you shown any resilience during home learning?



# Advice for young people

We have spoken to some teachers in local primary and high schools. Below is the advice they have given to help support young people with home learning.

1. Set yourself a routine that's similar to your school day. Get up, shower, dressed and have breakfast— a productive start to the morning will set you up for learning and keep you focused.
2. Be realistic in what you expect from yourself— don't worry if you don't complete every task all the time, as long as you try your best that's all that matters.
3. Eat, sleep and exercise to balance your day. Some fresh air will help you feel refreshed and ready to start learning, rest is key especially when staring at a screen all day.
4. Think about where you want to learn, place yourself in an area of your home that is productive to learning. For example— it's not going to work trying to complete your work in the living room with the T.V on, balancing your laptop or iPad on your knee and having nowhere to write.
5. Take breaks— staring at a screen hour on hour is no good. You loose focus and the quality that you produce isn't going to be your best.
6. Keep trying, you really are doing your best. Be proud of yourself for what you are doing and what you're achieving.

# Advice for parents and carers

At present home learning can feel hard to juggle with work, family life and maintaining positive relationships within the household. Below are our top tips on how to support parents and carers.

1. Stay calm and remember you are doing the best you can. It's not home schooling it's home learning! Any learning you can do with your child will have a positive impact.
2. If your child doesn't completed all the work for the week—don't worry. You are juggling life in a very uncertain way at present and no one is getting it right all of the time.
3. Plan regular breaks for your child, for small children try at least every 30 minutes to have a movement break. For older children every hour works well. Movement breaks can be 5-10 minutes long, either for a snack or a walk around to keep moving.
4. Look after you mind and body. Make sure you're manging to have some 'you time' at some point throughout the day or evening. Try taking up a new activity, yoga, craft, getting out for a walk. These things can make a big impact on your wellbeing and can help with feeling refreshed. Prioritise your own wellbeing too and take some time for yourself, you're equally as important as everyone else.
5. Be kind to yourself— just know that you are not alone and reach out to others, parents or teachers. They will understand and give you moral support, remember we are all in this together and talking helps.

**BE PROUD  
OF YOURSELF  
FOR HOW  
HARD YOU'RE  
TRYING.**

# Tips for parents

Self-care is so important and it's something that we need to take notice of. Taking 5-10 minutes for you a day can make a difference in your outlook, mental health and overall wellbeing. Taking some time for you can be as simple as sitting in the garden, having a cup of tea, making sure you're washed and dressed. Below are more detailed ideas of things that can help promote positive wellbeing whilst home learning.

## Meditation

Meditation is a great way to relax your mind and body, it takes practice, time and determination. Take some time out and find a meditation on YouTube, Calm or Insight Timer. We all have times where our mind feels super busy and taking some time out to let it feel calm is great for making you feel refreshed and ready to give things a go again. Start with a 5 minute meditation and then build yourself up, don't worry if your mind wanders that's perfectly normal— just stick with it!

## Journal

Write down your thoughts, feelings and goals. Journaling is great for offloading thoughts, acknowledging how you are feeling and setting future goals, no matter how small. Take 5 minutes a day to write down or draw exactly what's going on in your mind and body.

## Yoga

Yoga is great to release the day's tension and to help feel refreshed. Have a look for online yoga sessions or live classes offered by local teachers—there are lots of fantastic sessions available free online.

## Sleep

Struggling to sleep and switch your brain off? Try listening to some music to stop your mind racing or try this technique;

- think of a colour e.g. red, orange, yellow
- visualise an object that is in that particular colour e.g. yellow sun, yellow, wellies, yellow daffodil
- see how many things you can think of in that colour and visualise them in the front of your mind
- when you feel you have exerted that colour move onto another

Techniques like this help to preoccupy your mind and feel settled, which helps you drift off to sleep. We all know how important it is to feel refreshed and ready for the next day, even more so at present when trying to help with home learning.

## Conversation starters

Whilst activities or school work are underway, try these conversation starters to check in with your young person and see how they are feeling. Don't be afraid to ask! It's a great way to connect with your young person.

What makes you feel calm?

What have you enjoyed about today?

Where is a place that makes you feel safe?

How can you keep in touch with friends and family at the moment?

What are you finding hard at home right now?

Is there anything on your mind that you want to talk about?

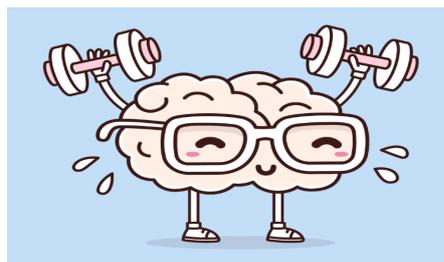
What makes you smile?

Is there anything I can do to help?

How do you feel about staying at home?

How do you feel in yourself today?

Do you want to talk about anything that is troubling you?



Is there anything on your mind that you would like to talk about?

# Fun things to try

For movement breaks or ways to relax try some of the things from the list below. It also helps if you get involved with your child, this encourages them to have fun and really let loose. Something we all need after a days home learning!

## Apps to download-

- Insight timer
- Calm
- Peace out
- Mind moose
- Mood tools
- Breathly– just breathe



## Activities

- Kidzbop on YouTube
- Cosmic kids yoga– YouTube (primary age)
- Yoga with Adriene- YouTube (High school age)
- Bake something new
- Grab your dancing shoes and put on your favourite song
- Indoor picnic– grab a blanket and have your lunch somewhere different in the house
- Get out and garden– sow some seeds and watch them grow
- Build a fort– get old blankets and sheets and enjoy a hot chocolate inside your creation
- Read a book or listen to an audio book
- Indoor treasure hunt– search the internet for ideas
- Create your own ball game– make up your own set of rules
- Sing– to make it a bit fun and silly, try singing in a different voice or accent, make it fun.

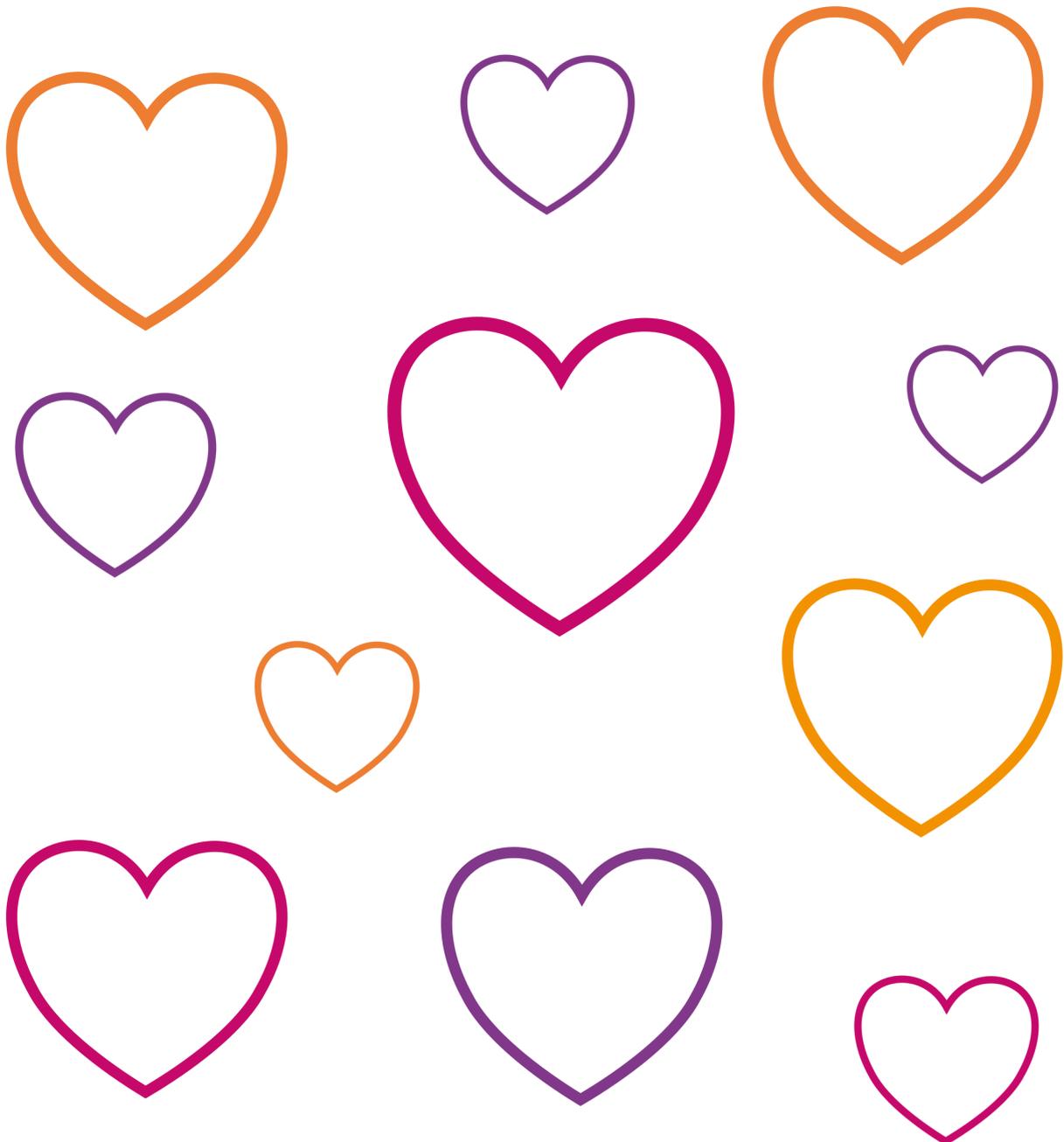
# Gratitude jar

**What is gratitude?** Good question! Gratitude is one of our positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted. Use this jar to find the positives about home learning and what you have enjoyed about it so far. All you need is an empty jar or little box, decorate it if you wish and then add pieces of paper with positive thoughts that surround home learning or activities that you could try. Then once you feel your jar is full you can pick a note out each day and remind yourself what truly makes you happy and calm when things feel like a challenge.



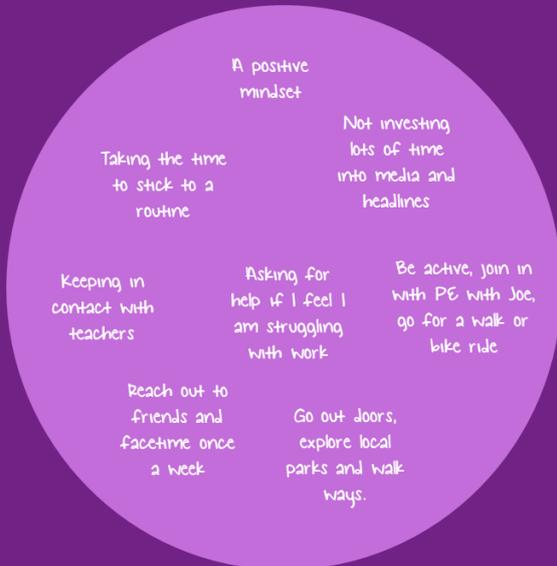
## How to be kind to yourself.

I'm sure as we go into another week of home learning you might not feel as productive and as positive as you did at the start. That's ok and talking about it will really help. To help boost your confidence try filling out the love hearts with things that you have achieved in your time at home over the last few weeks. Think about why these are positive and how that then leads to loving yourself.

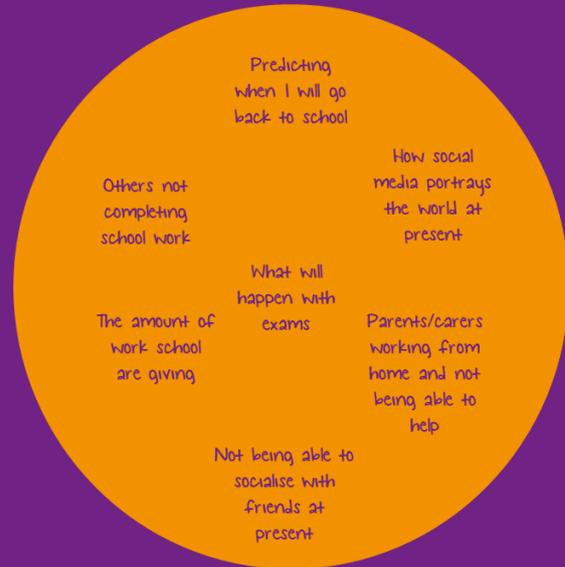


# The Circles of Worry during home schooling

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagram below to see which circle they fall into. Then you can easily see what things you can change for the better...



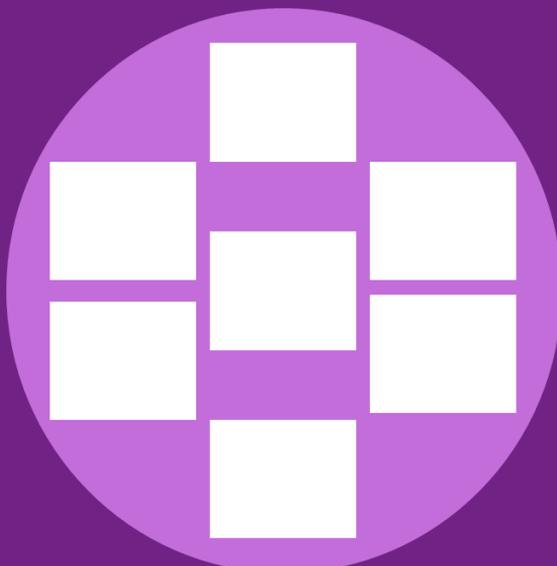
THINGS I CAN CONTROL



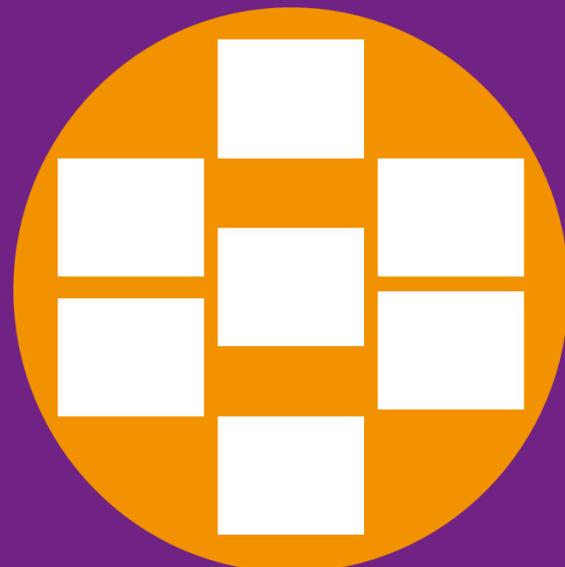
THINGS I CAN'T CONTROL

# The Circles of Worry during home schooling

Now it's your turn!  
Think about one worry at a time and decide which circle they should go into. Write that worry in a box inside the coloured circles below. Now keep adding your worries. This will help you to see what you are able to change to help you feel more positive and in control of things.



THINGS I CAN CONTROL

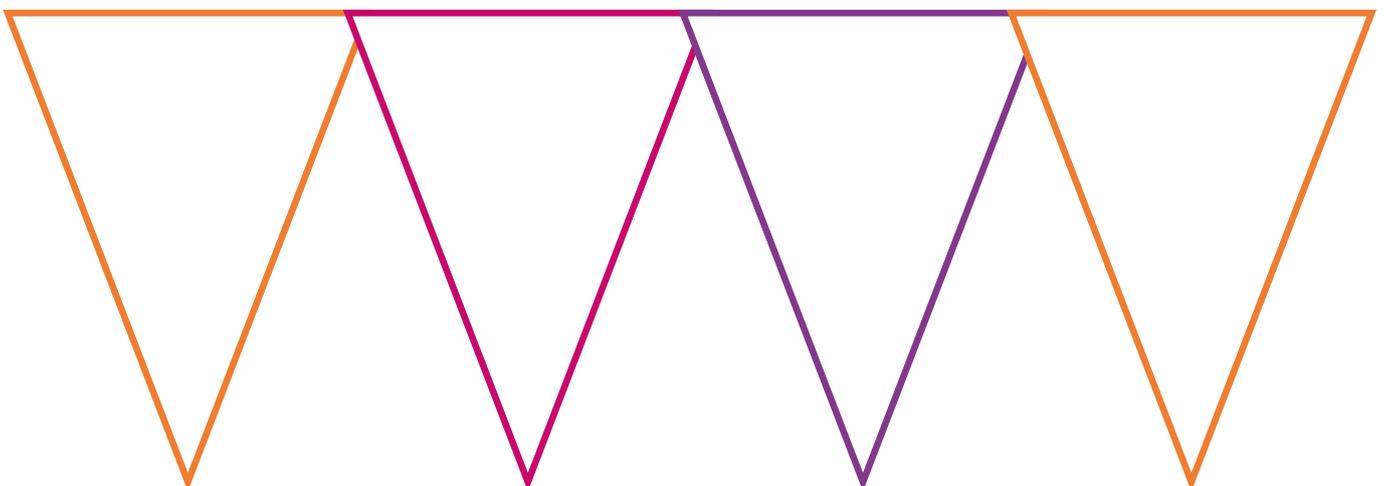
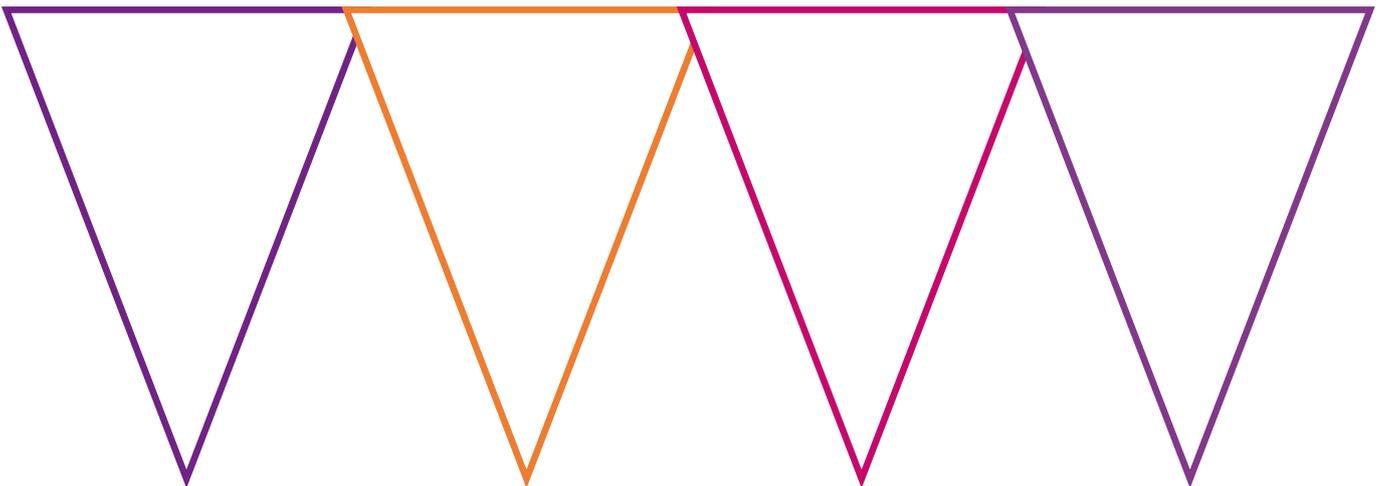


THINGS I CAN'T CONTROL

# Bunting

## Create your own bunting

This is a great activity to do and put up around your home. You could draw some zen tangle (lots of patterns) inside or you could write positive words surrounding emotions that you have felt whilst home learning. You could even decorate the inside with all the new things you have learnt whilst you have been at home. Either use plain card or different colours and cut out triangles and then attach onto string. Enjoy and have fun, get creative!



# Five ways to wellbeing



The Five Ways to Wellbeing are evidence-based actions you can do each day to maintain a positive sense of... (you guessed it) wellbeing! Below we are going to look at how we can support our wellbeing whilst we are home learning.

**1) Connect** This is a hard one considering that you are at home and may not be able to socialise as normal with your class mates.

With this in mind, try and organise a facetime with a few friends, a phone call or even a socially-distant talk from the garden gate. Try to connect with family members...at the moment you may feel you spend a lot of time with them but try and take an interest in their day. Try *'phone-free meal times'* and talk about something new you have learnt. Connect can also mean taking the time to connect back with yourself. Taking a walk in the park and truly enjoying it, realising what your body feels like and what emotions you feel at that moment in time.

1. Connect



**2) Be Active** This doesn't need to be as daunting as it sounds! Being active whilst home learning may just be getting up to have regular breaks away from the computer, it may be joining in with P.E with Joe three times week, it may even be putting on some music you love and having a good dance around your bedroom and just letting go of all that energy that has built up. Being active simply means to move you body, so when you do make sure it's in a way that you really enjoy.



2. Be active

**3) Keep Learning** Even though it is hard being at home all the time it is still really important to keep learning. Research something that you're really interested and present your findings to your friends and family. To go that extra mile maybe you could create a quiz on it. It is so important to keep learning and pushing yourself even when you feel like you don't want to. Make yourself feel proud of what you're achieving.



**4) Take Notice** Take notice of how you feel in your body and mind. Do you feel tired, stressed, overwhelmed, happy, excited? Acknowledging these things can help us to help us get through the day. Whilst we are at home for most of the week and trying to keep home and school life separate, it is really important to notice how we feel. Take the time in the morning when you wake up and before bed to notice any sensations in your body, take three – five deep breathes and let yourself notice.



**5) Giving** There are lots of ways we can give to others that help us to feel good. You could give up some of your time to help out a sibling who is struggling with school work or to help out around the house. You could give compliments to family and friends, such as thanking them for meals, thanking them for always being there or even complementing the way they are dressed. When we do something for someone else, it is beneficial for our own wellbeing as well as our own!





Visit the Lancashire Mind website for:

Resources for Young People during lockdown and returning to school

Schools newsletters and interactive information on mental health and wellbeing

[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)



We're here to support **young people** with their mental health through COVID-19



Follow us on social media to stay up to date

